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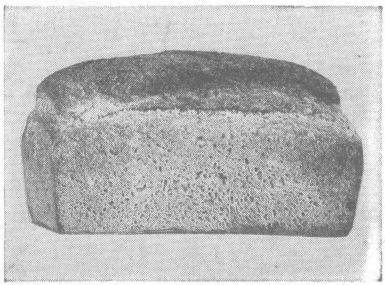
Yeast Bread and Rolls

By Extension Nutritionists of the Agricultural Extension Service The Ohio State University

Bread always has been an important food in the American dietary. Its bland flavor makes it a good addition to every meal.

The food value of bread depends on what goes into it. Bread can always be counted as a good source of energy and always supplies some protein. Whole cereal, enriched breads, and breads made with milk as the liquid also contain



Good Ingredients
plus
Proper Mixing
plus
The Right Temperatures
equals
A Good Loaf of Bread!

good amounts of certain vitamins and minerals. We cannot "live by bread alone," but also need fruit, vegetables, milk, and some additional protein food.

Bread baking at home is fun and a source of real satisfaction to the homemaker who does it.

Since bread is served every day at almost every meal, its quality is an important matter. Good bread results when good ingredients are used, when the dough is mixed and baked properly, and when the dough is kept at the right temperature throughout the entire process.

INGREDIENTS

Good ingredients do not always mean good bread, but we cannot expect good bread without good ingredients. The necessary ingredients in yeast bread are flour, liquid, yeast, and salt. To give the flavor and texture most people like, small amounts of fat and sugar are added. Other ingredients, eggs, fruits, spices, and nuts, are added in varying amounts to make fancy breads.

THE OHIO STATE UNIVERSITY, COOPERATING WITH THE U. S. DEPARTMENT OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE—H. C. RAMSOWER, *Director,* Columbus, Ohio
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FLOUR.—Flour is one of the chief ingredients in all breads. Throughout the ages, every kind of cereal has been ground into flour and made into bread. The best light bread is made from wheat flour. Wheat flour contains proteins which, when mixed with liquid, forms an elastic substance called gluten. It is this gluten that holds the gas bubbles, and makes the bread light. No other flour develops so much or so good quality gluten as that made from wheat.

Wheat flours may be divided into two basic kinds, those made from hard wheats and those made from soft wheats. The chief difference is that dough made from hard wheat has a large amount of firm elastic gluten. Soft wheat dough may contain the same amount of gluten but it is weaker and not quite so elastic. Both hard and soft wheat flours will make good bread, but the bread will be somewhat different and each needs slightly different treatment.

The baking and mixing methods must be adapted to the type of flour used. Most Ohio wheat is soft or semi-hard and the flour milled is also soft. The flour most used for home making is *all-purpose flour,* also called family flour or general purpose flour. Such flours are made usually by blending wheats or flours to give a flour with a combination of characteristics of both soft and hard wheat. There is enough gluten of the right strength developed in the dough made with all-purpose flour to make light bread, yet the gluten is not so strong that good pastries, biscuits, and other products cannot also be made from the same flour.

Several kinds of wheat flour are on the market. Whole wheat or graham flour is made from the whole grain. White flour has had the bran coats and the germ of the wheat removed. In milling white flour, most of the vitamins and minerals of the whole grain are lost.

"Enriched" flour is white flour to which has been added vitamins, thiamin, riboflavin, niacin, and iron, to replace materials lost in milling. Enrichment adds greatly to the nutritive value of the white flour in a thrifty and easy way. Not all white flour is enriched—the label will show if it has been enriched.

Flours made from other cereals, particularly rye and soybeans, can be used in making bread. Rye flour can be used alone, but it makes a more sticky and less elastic dough than wheat flour. Better results are obtained when rye and soy flours are used with wheat flour.

Flour keeps best when it is stored in a tightly covered container in a cool, dry place. Some sacks are designed so the top can be closed again after opening, thus it may be possible to store flour in such sacks on the pantry shelf. It is best to avoid storage on top shelves of pantries and cabinets, since it is advisable to keep flour containers where air can circulate around them. It is a wise idea not to store too much flour over the hot summer months, because flour may become infested with insects during hot weather. If infestation does occur, the container in which the flour is stored should be washed thoroughly with hot soapy water, scalded and dried before other flour is placed in it.

LIQUID.—Milk (fresh, dried, evaporated, or buttermilk), potato water or water, or a combination of two or three of these liquids may be used. When milk is used, the bread is improved in food value and does not become stale so rapidly as when water alone is used. Milk should be scalded and cooled before using to keep it from souring in the dough. Bread made with potato water does not dry out so fast as that made with water.

Other liquids, such as tomato or any fruit juice, may be used to add variety to home-baked bread.

YEAST.—Good yeast is essential in making good light bread. Yeast is a tiny plant that grows and produces gas, thus providing the leavening in the dough. Compressed, dry, or liquid yeast may be used with equal success provided it is fresh and in good condition.

Compressed and dry granular yeast act more quickly than the dry yeast in cake form. Dry granular yeast should be dissolved in lukewarm water rather than in milk. Dry yeast stores more easily; it may be stored at room temperature. Compressed yeast must be stored in a cool place to prevent spoilage.

Dry granular or compressed yeast may be used for the straight dough method. The sponge method is usually used when making bread with dry cake yeast.

Liquid yeast gives good results when bread is baked as often as twice a week and the starter is cared for properly. This type of yeast is not commonly used, however, since the other types are more easily available.

The amount of yeast used depends on the time allowed for bread baking and the kind of flour used. Doubling the yeast cuts fermentation time almost in half. More yeast is necessary for refrigerator doughs, for rich doughs, and for doughs made with soft wheat flour. The yeasty taste that sometimes develops in bread is due to over fermentation or to fermenting at too high temperature rather than to using too much yeast.

SALT.—Salt gives flavor to bread and helps to control the fermentation of the dough. Just enough to bring out the good wheat flavor should be used, as too much will retard the action of the yeast and cause the dough to rise too slowly. One teaspoon to 1 cup liquid is a good proportion.

SUGAR.—Sugar is quick food for yeast. It gives a desirable flavor to bread and gives a rich golden brown color to the crust. A good rule is 1 tablespoon of sugar to 1 cup of liquid. Larger quantities retard the growth of the yeast, thus, in making sweet rolls, it is necessary to use more yeast. Brown sugar, honey, molasses, and sirup may be used as well as white sugar. Use the same measurements when substituting one "sweet" for another in yeast breads.

SHORTENING.—Fat in dough makes the crust and crumb of the bread more tender. It also helps to keep the bread moist longer. Any good cooking fat is satisfactory to use: 1 teaspoon to 1 tablespoon of fat per loaf is sufficient. The fat should be soft or melted and then cooled before adding. Shortening, like salt, slows down the growth of yeast. It should, therefore, be added as late as possible, usually after about half the flour has been added. An extra amount of yeast is needed for doughs using large proportions of fat.

MEASURING INGREDIENTS

For standard measurements use a standard cup and standard measuring spoons. Do not depend on any kitchen cup, a heaping spoonful or other indefinite amounts. Those are variable and give "hit and miss" results. Sift flour once before measuring, dip lightly into the measuring cup and level off with a knife or spatula. Pack fat tightly into measuring container and level off.

Fermentation

When yeast is added to the dough fermentation begins. During fermentation, yeast grows to produce the gas, carbon dioxide, which makes the bread light. Yeast, like any other plant, needs warmth, moisture, and the right food to grow. Since yeast grows best when the temperature of the dough is 80° to 85°F., the dough should be within this temperature range when it is set to rise. This can be done by having the temperature of the room, the flour, and the liquid average from 80° to 85°F.

The temperature of the liquid is easiest to vary. During the rising period, the same temperature of 80° to 85°F. should be kept. Covering the bowl with a clean cloth or setting the bowl in a pan of water that is about the same temperature will aid in keeping the temperature of the dough constant. Since temperature is important in bread making, the use of a thermometer is helpful.

In growing, yeast uses the sugar and the starch of flour as food. Fermentation changes the gluten, making it softer and more elastic. The rising, or fermentation of the dough should be stopped at the right point, else an unpleasant flavor may be developed or the gluten may be injured.

The length of time for the dough to rise depends on the vitality of yeast, the strength of gluten, and the temperature. To test if dough has risen enough, touch the surface of the dough lightly with the finger. If the slight depression remains on the surface, it has risen enough. Dough made with hard wheat flour can be allowed to rise to greater volume than that made with soft wheat flour.

Steps In Bread Making

Bread may be made by either the straight dough or the sponge method. The same procedure is used for all kinds of breads using hard wheat or all-purpose flours. Suggestions for making bread with soft wheat flour are found on page 6.

Mixing

Scald the milk and cool ½ cup to below 100°F. or until it is about the same temperature as the body (wrist test). Add broken up yeast cake or granular yeast and allow it to soften.

Straight Dough Method.—Place sugar and salt in bowl, add the scalded milk; let cool to desired temperature. Add moistened yeast. Never add yeast to any dough or liquid over 100°F. because high temperatures kill the tender yeast plant. Add enough flour to make a drop batter; then beat until bubbles rise in the dough. When making whole wheat bread, add whole wheat flour to dough first. Add fat, melted and cooled, and mix in well. Now, add enough flour to make a soft dough that can be lifted out of the bowl but is still sticky. Turn it onto the bread board in a "nest" of a cup of flour. Cover with a clean cloth on wax paper and let the dough rest 10 minutes before kneading.

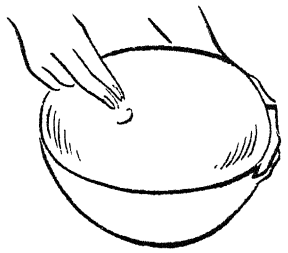
Sponge Method.—When dry yeast is used, a sponge should be made early in the morning or the night before the bread is to be baked. Break up dry yeast and soak it in lukewarm water for about ½ hour or until it is soft. If the sponge is to stand overnight, only about ½ the amount of yeast given in the recipes is

needed. Mix the liquid, yeast and half the flour well, cover, and let stand in a warm place (not over 85°F.) until the dough is light and frothy. For a quick sponge, sugar also may be added.

When the sponge is light, stir well, then add salt, sugar, melted fat, and the rest of the flour needed to make a dough which does not stick to the sides of the bowl. After the dough is mixed, it is handled in the same way as in the straight dough method.

Kneading the Dough

Dough is kneaded to mix all ingredients thoroughly and to develop the gluten. Knead quickly and lightly for 8 to 10 minutes until the dough is smooth and elastic. Dough made with hard wheat flour requires more kneading than that made with soft wheat flour. If a bread mixer is used, it kneads as well as mixes.



Rising

When the dough is thoroughly kneaded, form into a smooth ball and place in a lightly greased bowl. Turn the dough around in the bowl to grease it lightly on all sides, insert the thermometer if one is used, cover, and set to rise in a warm place (80° to 85°F.) out of a draft. Allow dough to rise until double in bulk, or until it holds the fingerprint when tested.

Molding.—Cut the dough with a sharp knife into as many pieces as there are to be loaves. The pieces should be of the size to fill the baking pan about one-half full. Round the dough into balls and let it rest a few minutes before forming loaves.

For a well-shaped loaf, mold dough as follows:

1. Flatten the piece of dough to an oblong shape about ¾ to 1 inch thick. Press out all gas bubbles.

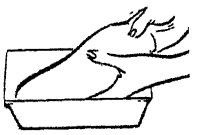
2. Fold the dough lengthwise toward you and seal the dough well by pressing.

3. Stretch the dough until it is about 3 times as long as the pan.

4. Fold the ends in toward the center overlapping them about two or three inches and seal.

5. Fold lengthwise again bringing each side to the center and seal well.

6. Roll dough to tighten seams and to seal the ends.



7. Place dough with smooth side up into lightly greased pan. Press dough evenly into pan. Grease the top surface of the loaf lightly to prevent drying out.

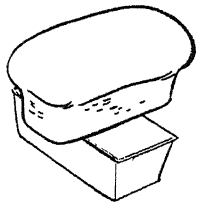
Directions for molding bread variations are given with the recipes, beginning on page 8.

Rising in Pans.—Place pans of dough in a place out of a draft and where the temperature is about 80° to 85°F. Cover with a clean cloth and let rise until double in bulk or, if made of soft wheat, until almost double in bulk.

Baking

Baking sets the gluten, stops fermentation, and brings out the delicious flavor. Start to bake in a hot oven (400°F.) for 10 minutes, then lower the temperature to moderately hot oven (350°F.) for 50 minutes or until done. Rolls are best when baked at 425°F. for the entire time (15 to 25 min.). Rich or sweet doughs are best baked at 350° to 375°F. Leave space between pans so the bread will bake evenly.

Time required for baking depends upon size of loaves and temperature used. Bread is done when it shrinks from the sides of the pan and sounds hollow when thumped lightly.



Cooling

The loaf should be removed immediately from the pan and cooled on a rack or be set across the top of a bread pan. Keep bread uncovered until cool.

Storing

When bread is cool, store in clean, ventilated bread box in a dry, cool place. Individual loaves may be wrapped in wax paper to keep them fresh. Never wrap bread in cloth for storage, because the cloth absorbs moisture and gives an objectionable taste to the bread.

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Breads Made With Soft Wheat Flour

Doughs made with soft wheat flour have less and softer gluten than when made with hard wheat. The bread making process is the same for both with the following exceptions when soft wheat is used:

1. Use double the amount of yeast and sugar to hasten fermentation and avoid too great weakening of the gluten.

2. More flour may be needed than called for in the recipe, since soft wheat flour does not take up as much liquid as hard wheat flour.

3. Soft wheat flour doughs will not stand as much handling as those made with hard wheat. Hard or long beating or kneading will injure the gluten.

4. Soft wheat dough cannot stand to rise more than double in bulk. The best test to use for lightness is the fingerprint test.

5. Let dough rise only once, then shape into loaves or rolls.

Recipes

Symbols for Measurements

t. = teaspoon T. = tablespoon c. = cup
oz. = ounce lb. = pound

Whole Wheat Bread (4 lbs. dough)

Bread may be made from all whole-wheat flour but usually lighter bread results when part white flour is used.

1 to 2 cakes yeast
4 T. sugar
4 t. salt
3 T. fat
3½ c. milk (scalded and cooled)
4½ to 5½ c. whole wheat flour
2¼ c. white flour

Follow the same steps in making the bread as used for white bread (pages 4 to 6. Use whole-wheat flour on the board when molding the loves or rolls.

White Bread (Makes 3½ lb. dough)

1 to 2 cakes yeast dissolved in ¾ c. lukewarm water
2 c. milk
4 t. salt
2 T. sugar, sirup, or honey
2 T. fat
About 10 c. sifted enriched flour

Follow general directions for straight dough or sponge method on pages 4 to 6.

Bread Made with Home-Grown or Liquid Yeasts*

One way to avoid the expense of using large quantities of compressed yeast, especially with soft-wheat flours, is to keep some kind of starter from one baking to the next. Such a mixture is called sponge, ferment, starter, or liquid yeast, and usually is made from yeast, sugar, salt, water, and either potato or flour or both.

The following method of making liquid yeast with potato has proved partciularly successful with soft-wheat flours:

3 potatoes (¾ pound)
1¼ c. boiling water
4 T. sugar
1½ T. salt
About 1½ c. cold water
1 c. starter, or 1 cake yeast (½-ounce) in 1 c. water

Use good, sound clean potatoes. Pare and cut them into small pieces, and cook until tender in the boiling water. Mash the potatoes in the water in which they were cooked. Add the sugar, salt, and enough cold water to make 3¼ cups of liquid, and allow this mixture to become lukewarm (about 82°F.). Add 1 cup of the starter reserved from the last baking. If none of this starter is available, one cake of dried or compressed yeast soaked in 1 cup of lukewarm water may be used instead. Allow this mixture to stand overnight.

In the morning it should be light and frothy and is then ready to use. Stir it well. Pour off 1 cup to save as a starter for the next baking, and store it in a

* U.S.D.A. Farmers' Bulletin 1775, "Homemade Bread, Cake, and Pastry."

clean, scalded, loosely covered jar in a cool place. In very cold weather, it must be protected from freezing.

The following directions are for making bread from liquid yeast with soft-wheat flour:

- 3¼ c. liquid yeast
- 3 T. fat
- 5 T. sugar
- About 2¾ pounds, or 3 quarts, sifted soft-wheat flour

Set the yeast for about half an hour in a pan of water of the right temperature to bring it to about 82°F. Add the fat and sugar and gradually stir in the flour. The exact quantity of flour required for a given quantity of liquid differs, of course, according to the absorption of the flour. The dough should be rather stiff, and should be handled according to the general directions for soft-wheat flour yeast bread (page 6).

If bread is baked twice a week or oftener and the starter is cared for properly, there should be no trouble with spoilage. With bakings less often, the starter should be renewed by making up a new mixture, as described, at least once a week; or, if the weather is hot and no cool storage place is available, as often as twice a week. If the mixture should by any chance develop any unusual appearance or odor, it should be discarded and made with clean materials and scalded utensils.

Rye Bread*

- 1⅛ lbs. (6⅓ c.) sifted straight-grade rye flour
- 1⅛ lbs. (4½ c.) sifted hard-wheat flour

  or
- 1¼ lbs. (7 c.) sifted straight-grade rye flour
- 1¼ lbs. (5½ c.) sifted all-purpose flour
- 3 c. lukewarm water
- 1 to 2 cakes compressed yeast
- 3 T. sugar
- 5 t. salt
- 2 T. melted fat

Sift the rye flour with the white flour and proceed as for white bread (pages 4 to 6) until ready to form the loaves. Mold into long, sharply pointed loaves, place on a greased shallow pan or one on which flour or cornmeal has been sprinkled. Rub fat lightly on the tops of the loaves. Cover and let rise until it has increased one and three-quarters times in bulk (about 30 to 45 minutes). Make about three slashes with a sharp knife at an angle across the top of each loaf. Bake pound loaves for 30 to 35 minutes in a hot oven (400°F.). A pan of hot water should be placed in the oven during baking.

Remove loaves from pan and glaze with a mixture of egg white and water or cooked starch paste.

Oatmeal Bread

- 3 c. finely ground rolled oats
- 2 lbs. 3 oz. (9 c.) sifted all-purpose flour
- 3½ c. milk
- 1 to 2 cakes compressed yeast
- 4 T. sugar
- 4 t. salt
- 2 T. fat

Mix the rolled oats with the white flour and proceed as for white bread (pages 4 to 6). These ingredients make 4 pounds of bread.

* U.S.D.A. Farmers' Bulletin 1775, "Homemade Bread, Cake, and Pastry."

Soybean Bread*

10 oz. (4½ c.) sifted soybean flour
2 lbs. 1 oz. (8½ c.) sifted all-purpose flour
2¾ c. milk
1 to 2 cakes compressed yeast
4 T. sugar
4 t. salt
2 T. fat

Sift the soybean flour with the wheat flour and proceed as for white bread (pages 4 to 6). These ingredients make 4⅓ pounds of bread.

No-Knead Bread (3 loaves)

3 cakes yeast
½ c. fat
¼ c. sugar
2 T. salt
1½ c. scalded milk
1½ c. water
3 eggs
9 c. sifted enriched flour

Combine scalded milk, fat, sugar, and salt. Cool to lukewarm by adding water. Add yeast cakes and mix well. Blend in 3 eggs. Add flour gradually and mix until dough is well blended. Place in lightly greased bowl and cover.

Dough is softer than a kneaded dough and may or may not be chilled. To chill, store in refrigerator or cold place at least two hours or until used. If dough is not chilled, rising time will be cut in half.

Shape dough (chilled or unchilled) into 3 loaves on a well floured board. Place in lightly greased pans and cover. Let loaves rise in a warm place (80° to 85°F.) until double in bulk.

Bake at 375°F. (moderately quick oven) for 1 hour or until done.

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Rolls and Bread Variations

Rolls may be made from plain bread dough or a sweeter, richer dough may be used.

Basic Sweet Dough

1 cake of yeast dissolved in ½ c. lukewarm water
2 to 4 T. fat
2 to 4 T. sugar or sirup
2 t. salt
1 c. milk
1 egg
4 c. sifted enriched soft wheat flour, or
3¼ c. sifted enriched hard wheat flour

Soften yeast in lukewarm water. Scald the milk and pour it over the sugar and salt in mixing bowl. Let cool to lukewarm. When milk is lukewarm add to it the softened yeast and about half the flour. Beat until smooth. Add the egg and mix thoroughly. Stir in the melted shortening. Add flour until dough rolls in a ball around the spoon. Turn out onto board sprinkled with 1 c. flour. Cover and let rest 10 minutes.

Knead lightly for 5 to 10 minutes, or until dough is no longer sticky. Put in a greased bowl, turning dough around in the bowl until all sides are coated with fat. Cover and let rise until double in bulk. Turn dough onto lightly

*U.S.D.A. Farmers' Bulletin 1775, "Homemade Bread, Cakes, and Pastry.

floured board, divide into equal size pieces, let rest 10 minutes. Shape into rolls and bake in hot oven (400°F.) for 15 to 20 minutes.

VARIATION: Whole-wheat flour may be used in any of these recipes. Substitute ⅓ to ⅔ whole-wheat for white flour.

BUTTERHORN

Roll ball of dough (about 1 lb.) into a circular shape about ¼-inch thick. Cut in 8 to 10 wedge-shape pieces. Brush with melted butter and roll up beginning at wide end. Grease with melted butter or other fat before setting to rise.

CRESCENTS

Shap the same as butterhorn but curve in shape of crescent on baking sheet.

BOW KNOTS

Roll dough to ½-inch thickness. Cut into 6-inch strips and tie strips in knots.

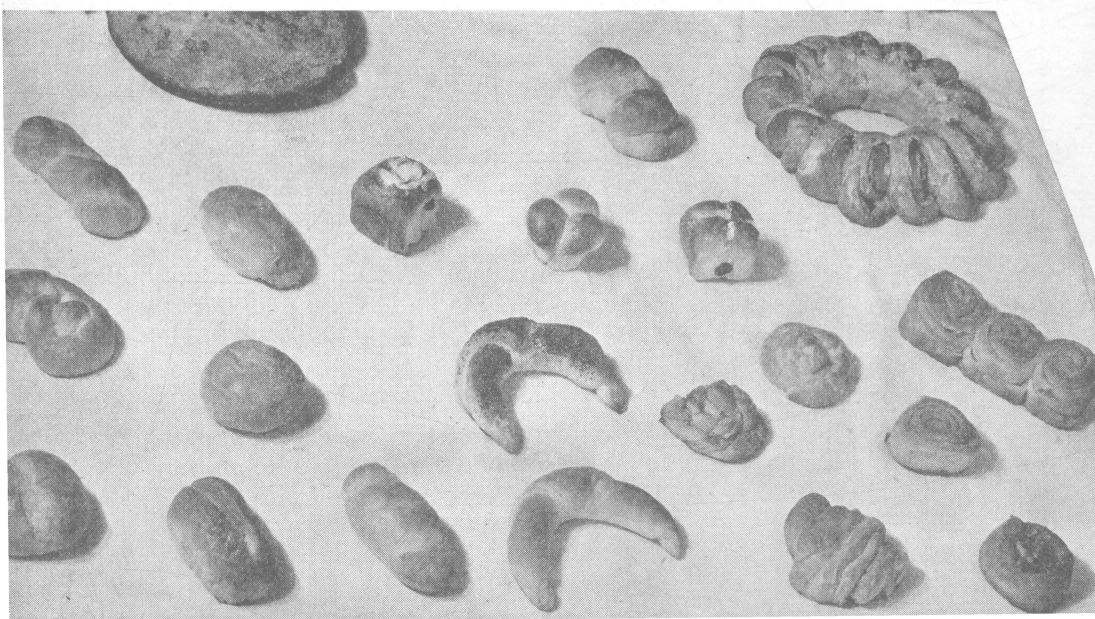
PARKER HOUSE ROLLS

Roll dough into a sheet ⅓- to ½-inch thick, spread with melted butter, and cut in rounds with a biscuit cutter. Make a crease across the round just below the center with the handle of knife or large wooden spoon. Fold over so the top slightly overlaps the under edge. Press edges together on ends of crease. Place rolls close together on baking pan.

CLOVER LEAF ROLLS

Roll dough 1-inch thick, cut strands into 1-inch length. Round into balls, dip one-half of each ball in melted butter and place three balls together in greased muffin tins with the buttered sides touching.

Roll Variations.



Cinnamon Rolls

Roll dough into rectangular shape about ⅓ inch thick Spread with the cinnamon spread (see below) Roll up tightly like a jelly roll Seal edges firmly Cut into 1 inch slices Place slices, cut side down, on greased baking sheet or in muffin cups

Cinnamon Spread for Cinnamon Rolls

2 T butter 5 T honey or sugar 2 t cinnamon

Cream butter so it will spread easily Stir in cinnamon Add the honey or sugar and blend thoroughly

Butterscotch Rolls

Same as cinnamon rolls, except place the slices in muffin tins coated with butter, brown sugar, and nuts

Fan Tans

Roll dough into very thin rectangular sheet Brush with melted butter Cut in strips about 1 inch wide Pile six or seven strips together, cut pieces 1½ inches long and place on end in greased muffin pans

No Knead Rolls

⅓ c scalded milk
¼ c shortening
1 T sugar
2 t salt
½ c water
1 pkg yeast (compressed or dry granulated)
1 egg
3 c sifted flour

Combine scalded milk, shortening, sugar, and salt Cool to lukewarm by adding ½ cup water Add the yeast and mix well Blend in the egg and then add 3 cups of sifted flour Mix until dough is well blended and soft The dough may be shaped into rolls immediately or it may be placed in a greased covered bowl and stored in refrigerator or cold place at least 2 hours or until needed Then shape into rolls If dough is shaped immediately, it will take about 45 minutes for the rising period If chilled first, allow 1½ hours for rising Let rise until double in bulk, bake in a hot oven (425°F) for 15 to 20 minutes Makes 18 medium rolls

Speedy Pan Rolls

1 c lukewarm water
⅓ c melted shortening
1 T sugar
2 t salt
2 pkg yeast (compressed or granular)
1 egg
3½ c sifted flour

Combine lukewarm water, melted shortening, sugar, and salt Add yeast, mix well, and blend in the egg Add flour and mix until dough is well blended and soft Roll out on well floured board and fit into greased 12 x 18 inch pan Cut dough into 1 x 4 inch rectangles with a knife dipped in melted shortening Let rise in warm place (80° to 85°F) about 30 minutes Bake in hot oven (425°F) for 20 minutes Makes 2 dozen rolls

Apple Coffee Cake

To make a coffee cake, core baking apple and cut into wedge shape pieces about ¼-inch thick. Stick into top of dough. Sprinkle with cinnamon and sugar mixture and chopped nut meats if desired.

Hungarian Coffee Cake

1 recipe of basic sweet dough
½ c. fat, melted
¾ c. sugar or sugar alternate
1 t. cinnamon
½ c. finely chopped nuts
½ c. raisins

Divide dough into small portions about the size of walnuts. Roll into balls. Roll each ball in melted fat, then in mixed sugar, cinnamon, and nuts. Place a layer of balls in a greased deep 9-inch tube-center pan, so they barely touch. Sprinkle with a few raisins, pressing them in slightly. Add another layer of balls, sprinkle more raisins in crevices and again press them in slightly. Cover. Let rise until light. Bake at 350°F. (moderately quick oven) for 35 to 40 minutes. Loosen from pan with spatula. Invert pan so fat and sugar run down over it. Break apart and serve.

Variation: If a smaller tube center pan is used, one-half of the above recipe may be enough.

Swedish Tea Ring

1 recipe of basic sweet dough
2 T. fat, softened
½ c. sugar or sugar alternate
2 T. cinnamon
½ c. raisins

Roll dough into rectangular shape, about ⅓-inch thick. Spread with fat, sugar, cinnamon, and raisins. Roll up tightly like a jelly roll. Seal edges firmly. Place sealed edge down on greased baking sheet. Join ends to form ring. With scissors, make cuts two-thirds of he way through ring at intervals of 1-inch and turn each cut section on its side. Cover. Let rise double in bulk. Bake at 375°F. (moderately quick oven) for 35 to 40 minutes.

Variation: If a smaller tea ring is desired, use only one-half of the above recipe.

Cinnamon Puffs

1 cake yeast
¼ c. lukewarm water
2 T. sugar or sugar alternate
1 t. salt
2 eggs
1 c. scalded milk cooled to lukewarm
3¼ to 3½ c. sifted enriched flour
⅜ c. fat
☞ Save ingredients listed below to add after first rising
¼ to ½ c. sugar
¼ to ½ c. nut meats
3 t. cinnamon

Put all ingredients for first rising in bowl and beat vigorously for 2 or 3 minutes. Let rise until double in bulk. Cut in ingredients in second column and place in muffin tins or 2 greased 8 by 8-inch cake pans, and let rise until double in bulk. Bake at 375°F. (moderately quick oven) for 15 to 20 minutes.

Variation: Raisins, marachino cherries, or similar fruits also may be cut in after first rising to add variety.